## OR TABLE AND KITCHEN AMENUS AND HINTE

the articles on the necessarily abing topic of food are carefully pred and based on knowledge of cheming applied to cooking and practical
immation derived from actual expericonducted by Lida Ames Wills, led and based on knowledge of chemry as applied to cooking and practical Conducted by Lida Ames Willis, rquette building, Chicago, to whom all dries should be addressed. All rights by Banning Cor, Chicago, Hefe menus for three days.

Tuesday.

BREAKFAST Bananas Grilled Bacon ckwheat Cakes Coffee Cream.

LUNCH

DINNER.
Cream of Potato Soup.
Fricassee. Sweet Potatoes.
Little Carrois, Vinalgrette.
Tomato Jelly Selad.
Cream. DINNER. Jellied Apples.

> Wednesday. BREAKFAST.

Stewed Potatoes. Coffee. Fruit. Cerent

Macaroni Croquettes, Tomato Sauce. Fig Sandwiches. Tes. DINNER.

Corn Soup.

Corn Soup.

Sucoussh.

Celery, Apple and Orange Salad.

Apple Snow.

Coffee.

BREAKFAST Baked Apples on Baked Beaus, Brown Bread Coffee,

LUNCH Lamb's Liver a la Terrapin.
Stuffed Pointoes.
Canned Fruit.
Test.

DINNER. Clear Soup.

Clear Soup.

Collinois.

Couldflower.

Crange and Cherinut Salad.

Wafers.

PREPARING BUCKWHEAT.

#### r of the Nut Makes Most Delicious Griddle Cakes.

is plant is not a grass and, properly king, does not belong to the cereals ene, which includes dock sorrel and barb. It is probably a native of west-Asia or Russia. In the latter country seeds are used "in form of groats, ked with butter and oil."

n temperate climates it is largely n temperate climates it is largely win for its starchy needs which resemite grain of grasses in composition, ng about equal in nutritive value to let. For this reason and because it is d in breads it is, for convenience, ked with the cercain the millet and sorghum seeds of interesting the second of the convenience o

NAME OF THE PLANT.

DIFFERENT SPECIES.

are three varieties of the plant

In Britain the buckwheat is an easily utiliyated annual, being grown there high for feeding poultry and game, escaled pheasants. Hence, it is said, the sign of the necoliar cry of the guinca owi—'buckwheat.'

A variety called Saracenium a showy trancous plant was introduced into rance as an ornamental garden plant at bout the same time the Siberian came to surope—the latter was called saracean millet. It grow to the height of about six set. This variety was also called balous, the was cultivated in Italy. It was found a Babylon by Herodotus and its cultivalin and its curious qualities are menoaced by naturalists from time to time ITS FOOD QUALITIES.

The seed of the buckwheat is inclosed a husk containing much indigestible sliulose. When this husk, amounting to bout 30 per cent, is removed the richess of the seeds is by no means low in utritive value, but stands midway in his respect between wheat on one hand of the control of the seeds in the season of the other. The great preproduction of carbohydrates in all cereals in the carbohydrates in all cereals in the season of the other of the resulting the season of the se The character of its albuminoids, mostly

uble, and its richness in heat and force-ducing elements, make it available for sed and cake-making.

BUCKWHEAT FLOUR

The flour of buckwheat compares unworshly with that of wheat, owing to
a deficiency in given, but a fairly nudidux bread is made and largely conmed in Brittainy. The bread like our
lies, is greatly relished by those who
we accustomed to its peculiar taste.
Buckwheat cakes are very popular in
olland, and in this country buckwheat
ways means griddle cakes—and in some
etions "sassage gravy. To the pecuit and characteristic flavor of this soilled cereal is due the traditional value
the buckwheat cake which is the popufavorite of the griddle-cake season. A
mon-pure buckwheat cake may be reired in the light of a luxury in this
sinity—a fact apparently not verified by
the hotel and restaurant menus. The difculties and objections to raising it, with
psculiar and difficult milling qualities.
We generally given the flour a relatively
sh price in the market, especially for
pure article.
The annual production of the United
atea, is said to be in the neighborhood
2,00,000 bushels, the States of New
with and Fennsylvania contributing
reely. BUCKWHEAT FLOUR

reely.
There are some persons who find that cirkwheat does not agree with them its as causing an eruption of the skin called ythems, an aliment causing much disomfort because of the constant itching and irritation. In all probability the occupation of the individual so afficted is ich that this class of food must be parken of sparingly or not at all; or, on the liner hand, their physical condition may velop the annoyance.

If possible too: that the buckwheat of may contain rye and grifty matter, in with the addition of cornmeal, which linest previous scalding is not sufficiently well cooked, in cake baking makes

COLONIAL BUCKWHEAT CAKES. Collonial, Blockwheat cakes
Take one pint of warm sweet milk, one
tint of warm water one cup of year,
two tempors of salt and five curs of
tocknised flour. Put half of the liquid
to a stone crock and gradually sife and
bear in the four, and continue to bear
tinell amount, then add remainner of milk
and water, he sailt nod limit the yeast,
heing christial to have the milk infrawarm.
Two, taking non- of sugar may be used
Sot whose he batter will not chill until
morning but must not be too warm or
if will soil. Soda is used to correct the
socialty when the batter is soured.

PLAIN BUCKWHEAT CAKES.

Take one quart of buckwheat flour, one tempoon of sait, one seast out of cornment sended with a little builting water, two teaspoons of brown sugar or a little buttermilk to make them brown meets, half a cake of syens dissolved in half a cup of lukewarm water and one quart of warm water. All all together, adding reast to lukewarm batter and heating hard for five minutes. Then cover any set in a warm place to raise overlight. A deep stoneware crock with a wife top is best for the spouge. Cover it with a saucer. The cornmeal may be left out but it contains the additional fait required and makes the cakes brown more quickly. Do not use molasses for this nurrows, it will make the cakes tough and less digitable. If there is a suspicion only of sourcess in the matter in the morning use a pinch of soda. Soda always removes the peculiar taste of the buckwheat end makes them flat and insipid, and is therefore to be avoided by those who like the buckwheat flavor. PLAIN BUCKWHEAT CAKES.

DELICIOUS BUCKWHEAT CAKES DELICIOUS BUCKWHEAT CAKES
Take one quart of buckwheat flour, one plint of cornmeal, one cup of Graham flour, half a cup of yeast, one teaspoon of sall, a pinch of soda and likewarm water crough to make a pretty stiff dough. Stir the salt into the flour and meal and make into a atio, batter, adding the yeast while mixture is lukewarm. Cover and set to rise in a warm place overnight. If too thick in the morning add lukewarm water crough to make it of right consistency, and let it stand a few minutes before baking. Add a pinch of soda if the batter seems to be slightly sour. Bake on a well-greased hot griddle and serve very bot.

One authority tells us not to cat buck-wheat cakes singly; but to serve in layers of four at least, each one generously but-tered and maple syrup or honey poured

OLD-TIME BUCKWHEAT CAKES. OLD-TIME BUCKWHEAT CAKES.

Wet half a cup of yellow cornmeal with
thitle cold water about poon and then
the cold water about poon and then
the pool of the cold water and
the acok until it forms a thin gruel,
let it cool and add a teaspoon of salt,
let it cool and add a teaspoon of salt,
laff a cup of good liquid yeast or half a
ake of compressed yeast dissolved in a
little lukewarm water, half a cup of wheat
lour and three cups of buckwheat flour,
seat vigorously and thoroughly, cover,
lind set to rise in a cool place until mornrg, if for breakfast, Thin the batter betere baking if too thick using a little
too the control of the core baking if too thick using a little.

Take a pint of pure buckwheat flour, half a pint of whole wheat or Graham flour, half a teaspoon of salt, two teaspoons of baking powder. Sift all together until well mixed. Then add enough sweet milk to make a smooth, thin batter

Z. C. M. I. Shirt Waists. \$1.50, \$2.00 and \$2.50 Waists, Your choice for 75 cents. See large ad in this paper.

Big plane sale on, Daynes Music Co.,

#### HAD TEMPESTUOUS VOYAGE.

Incoming Liners Report Terrific Weather in Crossing the Atlantic Ocean.

line steamer New York, which arrived today from Southampton, was losely followed by the French line steamer La Savoie, ten minutes being the difference in time of arrival at the lightship. Both steamers encountered terrific gales and seas.

The New York had a particularly severe gale from the north-northwest with violent squalls and high head seas on Wednesday, January 6th. The ship had slowed down in the gale to secure some gear, when an enormous sea curled over the bow and swept over-board F. Comulisch, a seaman. A lifebuoy was sent after him, and simost buoy was sent after him, and almost instantily Second Officer Keys, taking a turn about his body with a line, jumped into the sea after the sea-man, who had in the meantime se-cured a hold on the buoy. Before the second officer could get to the unfortunate man Comulisch lost his grasp on the buoy and disappeared. The second officer was then hauled on board. The New York brought \$1,045,-

000 in specie.

La Savoie also caught the gale of the 6th. At 11 o'clock p. m. a huge, rolling wave of tremendous height swept over wave of tremendous height swept over the bow, dashed aft with tremendous force, smashed in the forward bulk-head of the smoking-room under the bridge and flooded that compartment. No one was hurt

Among the passengers of La Savole was Santos-Dumont, the seronaut He says he came here to complete arrangements for his forthcoming experiment with a dirigible balloon at the St. Louis experiment with a seronauther seronau the St. Louis exposition.

### Music in Catholic Churches.

Rome, Jan. 10.—The Osservatore Romano, the Vatican organ, publishes a note by Cardinal Cretont, in which he sends to the Cardinal Cretont in which he sends to the Cardinal sacred music. The churches are allowed to use their present music until it is possible to substitute the Gregorian chant.

#### Don't Worry.

This is easier said that done, yet it may be of some help to consider the matter. If the cause is something over which you have no control it is obvious that worrying will not help the matter in the least. On the other hand, if within your control you have only to act. When you have a cold and fear an attack of pneumonia, buy a bottle of Chamberlain's Cough Remedy and use it judiciously and all cause for worry as to the outcome will quickly disappear. There is no danger of pneumonin when it is used. For sale by all

The Tribune's Daily Fashion Hint.



Squirrel coat with velvet sleeves, lace and sable stole. La Mode Pratique

### SHIP BURNED AT SEA.

Clarence S. Bement of Newport News, for San Francisco, Destroyed

rom Fort Stanley, Falkland Islands, state that the captain and crew of the American ship Clarence S. Bement, which sailed from Philadelphia August 16 and Newport News September 22nd last, bound for San Francisco, have arrived there and report that their vessel was burned at sea. There

e no fatalities.

he Clarence S. Boment was a threested iron ship of 123 tons u.et. She was
it at Philadelphia in 1854 and carried a
w of about twenty-five men. The veshalled from San Francisco and was commanded by Capt. Grant. G. W. Hum-of San Francisco was the owner.

#### DECOLLETE GOWNS.

Report That Pope Had Forbidden Women to Wear Low-Cut Dresses Is Erroneous.

Rome, Jan. 10.-Martins D'Antas, Portuguese Embassador to the Vatican and dean of the diplomatic corps, says that the report that Pope Pius has charged him to forbid women to wear decellete gowns at receptions which are attended by cardinals and other prelates is erroneous
Embassador D'Antas says that he last
saw the Pope on December 27th, when he
called to pay his holiday grestings, and
that his Hollness, without giving injunctions or even recommendations, and more
as a foke than otherwise, said it was desirable that the gowns of the women
should be somewhat ligh cut. at receptions which are attended by car

#### CANNOT SOLICIT VOTES.

Postoffice Employees Barred From Aiding in Contest for Most Popular Employee.

Washington, Jan. 10 .- The Postoffice department has issued instructions to the postmaster of Boston prohibiting postal employees from soliciting votes in a competition. A contest has been started there by a newspaper to determine the most popular postal employee by the largest number of votes A regulation forbids employees from soliciting votes in such contests. This regulation applies to the entire postal

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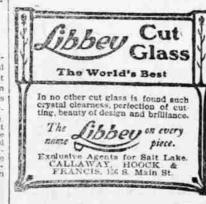
Blue Point Perfecto. Utan's Favorite Cigar. Not how cheap—but how good.

The Grass Creek Coal company at Coalville, Utah, is advertising for coal

## GERMANY NEUTRAL.

Other Members of Dreibund to Ob serve Similar Attitude in Event of War in Orient.

London, Jan. 10.-It is learned by the Associated Press on the highest authority that it has been decided, in the event of war between Russia and Japan, that Germany will maintain a strict neutrality and that other members of the Dreibund will observe a similar attitude. The importance of this decision, which the Associated Press understands will almost immediately be announced in some official manner in Berlin, can-not be easily overestimated. It will in a measure insure that hostilities will be confined to the two powers con-cerned, and it will be certain to give a great atimulus to the efforts which France and Great Britain are making in St. Petersburg and Tokio respective-ly in favor of peace.



## Most of Our Good Customers

TRIED THE REST-THEN THEY CAME TO US FOR THE BEST, AND THEY GOT IT. IF THERE ARE TWO KINDS, WE ALWAYS BUY JUST ONE-THE BEST.

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RS. OSBORN is a creator of styles for the best dressed social circle in the world. In her letter this month she tells about the 1830 skirt. This is the first comprehensive and intelligent description of its cut, hang and length. Mrs. Osborn knows these things because she herself is a member of the smart set and their smartest dressmaker.

In addition to what she says are the seventy new fashion suggestions of our own designers. With The Delineator as a guide.

you can go to your own dressmaker and get a really smart gown, or you can make one yourself.

Daily attention to the simple and easy suggestions of Doctor Grace Peckham Murray will make

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In these papers, entitled "The Fountain of Youth," now running in The Delineator, Dr. Murray tells just what to do to make your hair glossy, your skin soft, your teeth white, your eyes clear and your hands beautiful.

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is heard in the Metropolitan Opera House in New York. No woman, who cares for grand opera and great singers, can fail to be moved by the stories of their home lives in the Prima Donna Series. Calve's story is told with rare sympathy and knowledge in the February number.

In addition to these three special features there is something for every department of the home and of woman's life. The Delineator tells: How to make home homelike; How to solve kitchen problems and prepare dainty dishes; How to arrange your dining-room, decorate

your table and serve your dinner; How to make all the rooms of your house artistic without great expense; How to do all sorts of needlework and fancy-work; How to train and develop your children; How to

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